

The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

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In the news

Emergency rooms to consolidate

United Regional Health Care System will consolidate their emergency rooms Sept. 8.

Beginning Sept. 8, all emergencies will go to URHCS's 11th Street campus.

Pregnant women should continue to go to URHCS's 8th Street campus for any complications or if they go into labor.

For more information, contact URHCS at 764-4000.

Combined Federal Campaign to begin

The Combined Federal Campaign is scheduled to begin Sept. 15 with the theme "What Makes America Great."

The goal for Sheppard is \$333,000.

Personnel appointed as squadron points of contact will be required to attend a CFC training session Sept. 10 in the community center ballroom from 10 to 11 a.m.

A CFC Kickoff Breakfast will be held Sept. 15 at the officers club. All commanders and CFC POCs are invited to attend.



Brig. Gen. Arthur Rooney looks on as Brig. Gen. Henry Taylor signs the charter that began a mentoring program for officers. General Taylor, right, talks about the advantages of the program to an audience of junior and senior officers at the officers club Monday.



Photos by Mr. T.R. Steele

Set for success

New program for officers creates environment for successful careers

By Mr. John Ingle

Base public communication

Sheppard took another step Monday to make the Air Force a better environment when it officially received its charter for the Air Force Cadet Officer Mentoring Action Program.

Brig. Gen. Henry "Hank" Taylor, vice director for logistics with the Joint Staff in Washington and the AFCOMAP national president, ushered in the new program during a ceremony at the officers club.

He said one of his mentors in the past told him there were two key things to being successful: be smart enough to learn the job to do it right and be brave enough to do it right.

The general said those simple words spoken to him years ago are the foundation for what mentoring is about.

"Taking the time to teach is the essence of mentoring," General Taylor said.

AFCOMAP is designed to pair up junior officers with experienced officers and

to help officer candidates make the transition into the Air Force. This is done in three different steps:

- Fostering professional enhancement for all Air Force officers and cadets.

- Supporting the professional development and retention of all officers in the Air Force.

- Promoting the image of the Air Force in minority communities and seeking to stimulate the interest of youth in an Air Force career in the service of the United States.

The program works off of a pyramid format that gets the most out of mentor/protégé relationships.

For example, a lieutenant colonel might mentor two or three junior field grade officers and a major might mentor the same number of company grade officers. Senior captains even have the opportunity to mentor junior lieutenants and lieutenants can mentor cadets, yet providing another example of the pyramid at work.

Col. Darrell Sims, vice commander of the 82nd Training Wing and senior adviser for the Sheppard chapter, said AFCOMAP will help officers stationed here become successful leaders for the Air Force.

He added that managers maintain the status quo while leaders make it better.

"(AFCOMAP is) not only the best thing for Sheppard, but it's the best thing Air Force wide," Colonel Sims said.

This isn't the colonel's first trip around the AFCOMAP block. In 1998, Colonel Sims played a key role in the development of the same program at the Pentagon.

The program fosters relationships that allow junior officers to draw from the experiences of senior officers and learn how to be successful. More important, it also forms relationships that tend to last.

Mentoring doesn't stop when assignments change.

"Those people I still keep contact with," Colonel Sims said. "I still mentor them."



Team Sheppard Training 2003



82nd Training Wing: 49,329 students trained to replenish America's combat capability

80th Flying Training Wing: 128 combat pilots trained for the NATO Alliance





Photo by Ms. Sandy Wassenmiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the 82nd TRW Senior Noncommissioned Officer of the Quarter Award to Master Sgt. David Weltz, from the 363rd Training Squadron, for the second quarter of 2003.

Action Line 6-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have.

I am personally involved in every reply, and I am committed to making Sheppard Air Force Base a better place to live, work and play.

Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 6-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number.

Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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NCEM increases public cholesterol awareness

By Maj. Robin White-Reed

Health care integration

September is National Cholesterol Education Month and the theme is: "Know your numbers-know your risk."

Lowering a high cholesterol level helps reduce heart-disease risk.

This year, as many as 1.5 million Americans will have a new or recurrent heart attack, and about one third of these individuals will die.

Large studies have demonstrated that total cholesterol is directly related to the incidence of heart disease.

Cholesterol is a waxy substance that occurs naturally in the body. Bodies need it in small amounts to produce hormones, vitamin D and the bile acids that help digest fat. Too much cholesterol in the bloodstream can lead to arteriosclerosis, a condition in which fat and cholesterol are deposited in arteries' walls. In time, narrowing of the coronary arteries by arteriosclerosis can produce signs and symptoms of heart disease, includ-

ing angina and heart attack.

A fasting lipoprotein profile measures total cholesterol, low-density lipoprotein cholesterol, high-density lipoprotein cholesterol, and triglyceride levels. High levels of LDL cholesterol are directly related to the occurrence of heart disease. Thus, the more LDL cholesterol in the blood, the greater the risk for heart disease. On the other hand, HDL cholesterol helps the body rid itself of the harmful toxin. The higher the HDL cholesterol, the better. Everyone ages 20 or older should have this blood test at least every five years.

People who have had heart disease are at the greatest risk for a heart attack. Other factors that increase risk are: cigarette smoking, high blood pressure, high LDL cholesterol, low HDL cholesterol, a family history of heart disease and older age.

Diet and lifestyle changes, along with physical activity and weight control, can improve cholesterol and reduce heart disease risk.

Identification, vehicle checks continue in FPCON Alpha

By Master Sgt. Jerry Booket

82nd Security Forces Squadron

Why are the gate guards still conducting 100 percent identification checks on all vehicle drivers, random identification checks of passengers and random vehicle searches now that the base is in Force Protection Condition Alpha?

Although FPCON Alpha was declared, we must still bear in mind the general threat of terrorist activity.

Thus, along with the FPCON Alpha declaration, security forces received instructions to continue specific security measures from higher FPCONs.

The added security measures that impact Team Sheppard while in FPCON Alpha include 100 percent identification checks of vehicle operators entering the base, random vehicle searches at the entry points and random identification checks at designated facilities.

In addition to the FPCON Alpha measures, the base also conducts random antiterorism measures throughout the base to reduce complacency and maintain security awareness.

The following measures will continue during the current FPCON:

- Delivery trucks and contractors will enter through the Missile Road gate and process at the vehicle search pit.
- Taxis are not allowed on base and food delivery drivers must still have a military ID to enter the base.
- The visitor policy remains unchanged; all base visitors require a military sponsor and an escort at all times.

The 82nd Security Forces Squadron appreciates everyone's patience and cooperation at the entry points as Sheppard's security forces continue to provide a safe and secure environment for all Team Sheppard members.



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82nd Training Wing commander

Brig. Gen. Arthur Rooney Jr.

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Hammerin' home

Dormitories, flight simulator among projects popping up on base

By Mr. John Ingle

Base public communication

The Sheppard landscape is changing on a daily basis, but it doesn't have anything to do with trees and shrubs.

Construction on student pipeline dorms, dining facilities, a new HAWC and a new flight simulator continue to plug along without too many hang-ups, Mr. Jerry Morgan, deputy director of the 82nd Civil Engineers Squadron, said.

Several projects are scheduled for completion in 2004 while others are scheduled to begin, he said.

"Our dorm master plan presently has the start of a 300-room dorm each year up to 2007," Mr. Morgan said.

Non-prior students are now housed three to a room in some dorms, making living conditions less than desirable. That has forced Sheppard to provide contracted living space at off-base locations.

Projects on Sheppard have run "pretty well," Mr. Morgan said. But, one project, a dorm/dining facility project on Avenue E, is a little behind

schedule.

The president/CEO of the company has been asked by the Army Corps of Engineers to submit a detailed solution as to how the project will get back on schedule, Mr. Morgan said. That could include working weekends and adding crews and craftsmen to the project.

"I'm thinking they're going to get things turned around," the deputy said.

The influx of new dorms at Sheppard was the result of an evaluation of all living facilities in the Air Force several years ago. Mr. Morgan said the study showed Sheppard's dormitories were graded the worst in the Air Force.

The dorm master plan promoted and pushed for the replacement of substandard living quarters.

"What we're doing now are the normal requirements we have to do," Mr. Morgan said. "It has to do with the number of students we have now in the dorms."

In addition to the current projects, Mr. Morgan said he is hopeful that special Congressional money will be available to begin

construction on a new facility at the 80th Flying Training Wing that would house airfield management, the control tower and RAPCON.

If the money isn't available to begin construction in 2004, Mr. Morgan said the facility would be the No. 1 priority for the 80th FTW in 2005. He said they should know by mid-September whether or not a special Congressional insert will appropriate the money for the project.

A new 144-bed permanent party dorm should also begin in the near future, Mr. Morgan said.

"In the next week or two, we should see those funds become available and the award of that project by the Tulsa District," he said.

Although major quality of life projects are ongoing at Sheppard, Mr. Morgan said the 82nd CES is also tasked with the upkeep and maintenance of other buildings and housing on base. That was made evident following a storm in June that caused about \$7 million in damage.

Buildings will get new roofs on "hangar row" as well as buildings close-by the hangars, he said.



Photo by Airman Jacques Lickert

Mr. Scott Christian, foreman for Central Automatic Sprinkler, threads a pipe that will be used in the fire protection system at the student pipeline dormitory and dining facility on Avenue E. The dorm is one of four major construction projects currently underway at Sheppard.

New program to draw more short-term enlistments

By Staff Sgt. A.J. Bosker

Air Force Print News

WASHINGTON — Beginning in October, 1 percent of new fiscal 2004 Air Force enlisted accessions, or about 370 recruits, will be able to sign up for a 15-month enlistment, as part of the National Call to Service program.

The congressionally mandated program is designed to let people serve their country who might otherwise shy away from a regular four- or six-year active-duty enlistment, according to Chief Master Sgt. Dennis Drogo. He is the Air Force chief of enlisted accessions policy at the Pentagon.

The 15-month obligation for these airmen does not begin until they complete their initial training — basic military training and technical training school, he said.

"When they near the end of

their enlistment, they will have the opportunity to choose whether they would like to extend their active-duty commitment for 24 months, or join the

Air National Guard or Air Force Reserve for the same length of time," Chief Drogo said.

However, after the additional two years of service are com-

plete, these airmen still have another four years of service to fulfill.

This service can be accomplished by re-enlisting in the active-duty

Air Force, extending their Guard or Reserve commitment, transferring to the Individual Ready Reserves, or participating in another national-service program such as AmeriCorps or the Peace Corps, the

chief said.

Airmen who enlist under this program will only be able to serve in 29 Air Force specialties. These specialties were chosen based on inputs from career-field managers. Some of these specialties will have special requirements, such as civilian certification or training, that prospective airmen must possess before being considered for entry into the career field.

Airmen who enlist under the program will be able to choose one of three special incentives for the program. The incentives include a \$5,000 cash bonus, \$10,000 student-loan repayment for qualified loans, or education assistance benefits comparable to the Montgomery GI Bill.

If they choose to re-enlist, airmen retain their chosen incentive and can elect to participate in the MGIB.

Air Force eclipses enlistment goal by 5,000

RANDOLPH AIR FORCE BASE, Texas (AFP) — The Air Force reached its enlisted-contract goal Aug. 22 with the signing of its 37,000th enlistment contract.

More than 32,000 people entered basic military training since Sept. 30. The Air Force now has enough contracts to meet its goal for the fiscal year and has for the past four years, according to officials.

"I salute our recruiters who are working hard to recruit the country's best and brightest," said Brig. Gen. Edward A. Rice Jr., Air Force Recruiting Service commander. "We are committed to recruiting a diverse, high-quality volunteer force that is representative of the country it serves."

The Air Force is not only doing well

enlisting airmen, the service is also doing well commissioning officers into critical career fields, according to officials.

"The Air Force is having a banner year recruiting engineers, scientists and weather officers," said Col. Gary Kirk, recruiting service's operations division chief. "The last year that compares with this year's success was 1991, and we are already poised for another strong year next year."

Although the Air Force is having a great recruiting year, it's still hiring, Colonel Kirk said. It needs hundreds of doctors, nurses, pharmacists and aircraft mechanics, as well as people qualified for special operations, such as pararescue and combat control.

Airman discusses equality

Senior Airman Chantel Smith

Women's history program

On August 26, 1920, after 72 long years of struggle, the 19th amendment to the constitution of the United States became law, granting women the right to vote.

Due to the efforts of congresswoman Bella Abzug, this date in history was designated as Women's Equality Day as a reminder of women's continuing efforts for equality.

This should not only be a day to celebrate, but to also re-commit ourselves to the pursuit of full equality for females of all ages in our society.

As we look back on the accomplishments of the defiant women before us - such as Elizabeth Cady Stanton, Sojourner Truth, and Lucretia Mott - it's evident that their hard work, along with many others, has paid off.

Just take a look around. Now, there are women who are doctors, judges, athletes, pilots and even firefighters.

We truly have come a long way since 1848, the year of the first women's rights convention in Seneca Falls, New York.

Imagine not being able to own property, con-

trol your wages, or claim custody of your children.

Thanks to women's suffrage supporters, most of us will never experience such oppression.

The continuing efforts of activists have paid off in ways that are beneficial to women throughout our nation.

The passage of the Family and Medical Leave Act and an increase in medical research grants for diseases, which primarily affect women, are both indications we are still making progress toward women's equality.

Even the Small Business Administration has boosted the number of loans it gives to woman-owned businesses. The SBA has also implemented policies, which ensure opportunities for woman-owned businesses.

Everyone, regardless of gender, should work together in order to safeguard the rights of all citizens and to support those who still continue to endure unequal treatment.

Try not to take equality for granted, for today there are women in other countries who yearn for civil rights. We're very fortunate to be women living in America.

TMO explains truth about myths

By Mr. Gregory Schneider

Traffic management office

The traffic management office counsels all personnel prior to making a personal property shipment.

Traffic management personnel are faced with a unique challenge because they only get two opportunities to do it right: when people arrive at Sheppard, and when they leave.

How does TMO "do it right?"

TMO does it by using a customer-satisfaction measurement, the Air Education and Training Command Form 282, and by dispelling some of the more

common myths.

Myth #1: After my household goods are delivered, I can let the moving company leave and I will unpack at leisure. The mover will return to pick up the empty boxes.

Fact: Maybe, but probably not. Although the movers may promise to pick up the empty boxes, they are not obligated by contract to do so.

Myth #2: I am moving from Sheppard to Luke Air Force Base, Ariz. I have a home there and the driver who loaded our goods on his van promised he would deliver them to our new residence next Friday. That's

very convenient for us because we want a couple of days to see Santa Fe and we'll be in Phoenix that Thursday afternoon. We've got it made on this move.

Fact: Don't put money on it. The driver may drive straight through Arizona in about 30 hours, drop off your furniture in a storage warehouse, and be in California with a new load before you even cross the New Mexico state line. Once in storage, it can take you three to five days to get your property delivered after you arrive, and the driver has done nothing wrong except break a promise. Be cautious of such details and keep the destination TMO informed of your situation.

Myth #3: I can rent my own equipment (vehicle, protective pads, etc.) and file for reimbursement at my destination under the Do-It-Yourself move program without going to TMO.

Fact: This isn't completely true. Origin TMO counseling is still required prior to contacting a rental company. Without prior counseling, you won't be paid an incentive for moving. The most you can hope for is to recover your actual expenses.

Hopefully, these examples have clarified some myths we frequently encounter. For further information, call 6-5499.



Backpack choice proves important in injury prevention

By Tech. Sgt. Jerry Crawford

Base safety office

Now that school is in session once again, here is a message to help reduce the chance of your child receiving a back injury early in life.

Let's work together to prevent the start of a possible life-long back problem by choosing the right backpack for your children.

Look for the following:

- Wide, padded shoulder straps. Narrow straps can dig into shoulders. This can cause pain and restrict circulation.

- Padded back. A padded back protects against sharp edges on objects inside the pack and increases comfort.

To prevent injury when using a backpack, do the following:

- Pack light. The backpack should never weigh more than 10 to 20 percent of the student's body weight.

- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may increase curvature of the spine.

- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.

- Use a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried upstairs, and they may be difficult to roll in snow.

For additional information, check out www.aap.org/advocacy/backpack_safety.PDF.



Correction

The *Sheppard Senator* erroneously reported the Aircraft Maintenance Officer Course was in the 782nd Training Group.

The AMOC is part of the 82nd Training Group. We apologize for any inconvenience this might have caused.

NCO induction today

The Sheppard Air Force Base 2003 non-commissioned officers induction ceremony is scheduled for Tuesday at 2:30 p.m. at the enlisted club.

For event information, please contact Master Sgt. Garrett Raeford at ext. 6-5819, or Staff Sgt. Edmund Allen at 6-2003 or 6-4474.

Lobster and Steak Bake tickets now on sale

Tickets are now on sale for the 23rd Annual Lobster/Steak Bake scheduled for Oct. 11.

Four individuals have been identified as POCs for ticket sales: Marilyn Lucas, 6-6647; Kathy Green, 6-2698; Capt. Carolyn Zablonksi, 6-2271; and Airman 1st Class Michael Guanill, 6-6075.

Hot dogs will also be available for children or attendees who don't want lobster or steak.

For more information about the event, call 6-2760.

**Dental assistant applications due today**

Applications for the 2003 Red Cross Dental Assistant Training Program are due today.

Training begins Sept. 15 and will last about seven months.

For more information, contact Tech. Sgt. James Scaife at 6-4474.

Pharmacy closed for training

The base pharmacy will be closed for three hours the first Wednesday of every month starting



ing in September.

To ensure pharmacy staff are able to participate in hospital wide medical readiness training, the pharmacy will close from 1:30 to 4:30 p.m. The pharmacy staff asks that base and retiree beneficiaries plan accordingly to pickup medications prior to 1:30 p.m.

Kadena short on lodging.

Due to mission requirements, Kadena air base lodging availability is critical until further notice; please plan accordingly. Travelers must make reservations at the earliest possible date to ensure government lodging is available.

In accordance with AFI 34-246 paragraph 1.6, Air Force Lodging Program, the official traveler is required to make lodging reservations. If traveling OCONUS, please visit <https://www-r.afsv.af.mil/Public/Database/Lodging/ListingBases.asp> to verify the phone number and call to make reservations at the TDY location.

Applications for Pitsenbarger Award being accepted

Enlisted personnel graduating from the Community College of the Air Force have an

opportunity to cash in on a one-time grant of \$400 after completing their CCAF requirements.

As many as eight airmen are eligible to win the Aerospace Education Foundation Pitsenbarger Award at Sheppard's spring CCAF graduation ceremony. The grants are for airmen who are pursuing or plan to pursue an baccalaureate degree.

Deadline for applications is Oct. 1 at the Education Services Center in Bldg. 402, room 306. Late applications will not be accepted. For more information, visit www.aef.org/aid/pit.asp.

Childcare opportunities

People living within five miles of Sheppard, are a spouse of an active duty or retired military member and have a Texas childcare provider license are eligible to provide childcare for Sheppard personnel.

These affiliated homes are sub-

ject to Air Force standards and voluntarily submit to the same screening, training and inspection requirements as on-base providers.

Benefits include free CPR and First Aid training and a lending library that providers can use in their daycare.

For more information, contact Cathy McGuire, family daycare coordinator, at 6-4237.

Summary courts officer appointed

An officer at Offutt Air Force Base, Neb., has been appointed the summary courts officer for a former Sheppard Student.

1st Lt. Jessica Stelling will review all claims for or against Airman 1st Class Ellee Smathers. Lieutenant Stelling can be contacted by DSN at 294-4030.

Airman Smathers died from injuries sustained in a motor vehicle accident near Offutt while on her way to her first duty assignment. She completed training at the 363rd Training Squadron.



Moving in: Solid Rock Cafe finds a new home

By 2nd Lt. Ellen Harr

Base public communication

Editor's note: This is the fourth in a series of articles about the Solid Rock Cafe.

The Solid Rock Cafe is moving from the south chapel to its new location, Bldg. 450.

The move will complete the Solid Rock Cafe's transformation from a weekly chapel program to a physical place of hospitality for students.

Student attendance at some Solid Rock events reached 300, more than the south chapel could reasonably accommodate.

"It's a good thing that we've outgrown the south chapel," said Chaplain (Maj.) William Ziegler.

The new location is also closer to where technical training students live and learn and pro-

vides more space for student-led activities.

"Now, Solid Rock Cafe will be a seven-day-a-week place, still with the hospitality and the SOURCE. It will still have the same dynamic," Chaplain Ziegler explained.

He said that the base has offered "tremendous support" during the transformation. That support has come from services, the 82nd Training Wing and 2nd Air Force.

The new Solid Rock Cafe in Bldg. 450 will also help the 82nd Training Wing accomplish its mission by providing accessible chapel support.

It will have a full chapel staff dedicated to student ministry. It will be open every day and stay open until a half-hour before student curfew. Whenever Solid Rock is open, there will be student ministry staff available for



Photo by 2nd Lt. Ellen Harr

Students help the chapel staff move into the new Solid Rock Cafe, formerly the main gym. The ribbon cutting will be held Tuesday at 4:30 p.m.

students.

"Students can come there, have community, and whole-some programs like we're doing here now," Chaplain Ziegler said.

Plans for the Solid Rock Cafe include a student family lounge with living room furniture and rooms for a variety of student activities.

The chapel ropes will contin-

ue to assist chapel staff with the Solid Rock Cafe. Their involvement helps promote the ideas of student community and ownership on which the program was founded Chaplain Ziegler said.

Student Activities: Happenings in the community

Student center events

Every Monday, 6-8 p.m. - jam session, bring your own instrument/equipment, free.

Every Tuesday, 5-9 p.m. - Video Night in the pub, free.

Every Wednesday, 3-5 p.m.-Pool Tournament, \$2 per person.

Every Thursday, 7-9 p.m. - Karaoke Night, free.

Every Friday and Saturday, 7 p.m. to 1 a.m. Club BDU dance, \$4 per person.

Every Sunday, 3-5 p.m. - billiards tournament in the ball-room, \$5 per person.



Hours of Operation

Monday-Thursday: 10:30 a.m. to 10 p.m. Friday and Saturday: 10:30 a.m. to 1 a.m. Sunday: Noon to 10 p.m. Holidays: Noon to 8 p.m.

Red River Café Hours of Operation

Wednesday and Thursday: 4:30-10 p.m.

Friday and Saturday: 11 a.m. to 11:30 p.m.

Sunday and Holidays: Noon to 9 p.m.

Center to offer special Labor Day events

There will be a Club BDU Dance tonight from 7 p.m. to 1 a.m. at a cost of \$4 per person. There will also be free karaoke from 7 to 9 p.m. There will be a special dance at Club BDU Sunday from 7 p.m. to 1 a.m. The cost is \$4 per person. Call 6-7659 for more information.

Center to have Labor Day Bash cookout

The center will have a Labor Day Bash Cookout Monday from 12 p.m. to 3 p.m. There will be free hot dogs, hamburgers, baked beans, potato chips and drinks. There will also be a bull ride, video games and movies played on a big screen television. For more information, call 6-7659.

Cards and collectibles show to hit center

There will be a cards and collectibles show at the center Sept. 6 from 10 a.m. to 5 p.m. Admission is free. There will be vendor booths featuring sports cards, comics and other collectibles. For more information, call 6-7659.

Center gives fitness incentive

Every Saturday the center offers a variety of exercise programs for stu-

dents as part of the Fitness Incentive Training for Students program. Two plastic chips are given to those who participate and one chip is given to those who attend. The squadron that collects the most chips at the end of the program will win a prize. For more information, call 6-2972.

Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

The Solid Rock Cafe will be closed Saturday. The SRC is moving to Bldg. 450. The ribbon cutting for the new facility will be Tuesday. The SRC will resume at the new facility Sept. 6. For more information, call 6-7277.

Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, ending with athletic activities at the north fitness center.

Community center events

Free table tennis classes offered

Free classes are held every Monday

and Friday. Professional tournament instructors are available. For more information, call 6-3866.

Pool tournament

Pool tournaments are held every Saturday at 2 p.m. The fee is \$2 per person. There will be first- and second-place trophies. Call 6-3866 for more information.



Free video night

The community center has a free video night every night beginning at 5 p.m. on the big screen TV in the lounge on the second floor. For more information, call 6-3866.

Other events

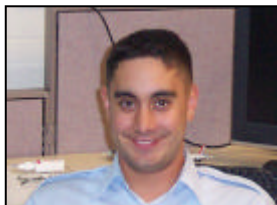
Dining facilities celebrate birthdays with dinner

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their birthdays on the Friday of their choice for dinner. Contact the cashier to pick up a birthday card registration form. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.



Soundoff

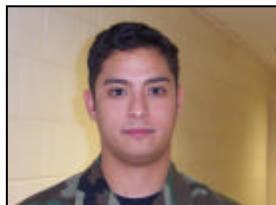
What are you doing for Labor Day weekend?



"Moving to Eglin Air Force Base, Fla.," Senior Airman Justin Morales, 80th Operations Support Squadron



"Staying here and playing on my computer," Airman Janice Gossett, 365th Training Squadron



"I'm working — and stay HOOAH," Senior Airman Nicholas Sibbaluca, 82nd Security Forces Squadron



"I'm going dove hunting," 1st Lt. Robert Clay, 82nd Comptroller Squadron

**Check out
the TSTV
Channel
14
schedule
on
Page 18.**

Air Force teamwork saves U.N. lives

By Capt. William Manley

447th Air Expeditionary Group Public Affairs

BAGHDAD, Iraq-- Airmen from several Air Force units at Baghdad International Airport rescued seven U.N. employees injured when a terrorist bomb exploded outside their headquarters here Aug. 19.

Approximately 90 minutes after the attack, 301st Expeditionary Rescue Squadron officials sent two combat search and rescue teams. Each team included one pilot and three pararescuemen. They were joined moments later by another team.

"PJs (pararescuemen) bring more capability to an accident scene than most people are aware of," said one of the team leaders. "We're fully certified trauma paramedics who can perform minor field surgeries, amputations, tracheotomies and (deep intravenous drips for burn patients)."

They can also operate rescue equipment like the "jaws of life" and rope pulleys. These skills were put to use the night of Aug. 19 because other rescuers did not know how to use some of the equipment.

The team's first job was to set up and use a rope pulley to retrieve a bombing victim. The victim was trapped in the rubble about 15 feet below the closest access point.

"This guy was in bad shape," said another pararescueman. "He'd been pinned upside down for more than two hours. Both his legs were crushed, his right hand was pretty much destroyed, and he'd lost about 40 percent of his blood as well."

It took about 40 minutes to retrieve and fly him to the coalition hospital, where he underwent the four-hour surgery that saved him.

"This is where training really pays off," said Col. Brian Morr, 447th Expeditionary Medical Support commander. His team includes 31 medical professionals from 10 bases. "As medical personnel, we follow the same training plan worldwide, which makes us an effective team despite having never worked together before."

Four of the seven patients were released within 24 hours. Three others were flown to medical facilities outside Iraq.

Fortunately, the Air Force had the needed medical care.

Eleven hours after the first rescue team responded, the final leg of the medical marathon began at the 379th Aeromedical Evacuation Squadron. The squadron's mobile aeromedical staging facility prepared the remaining injured trio for aeromedical evacuation. Facility flight nurses and medical technicians cared for the patients.

"The (staging facility) is basically a hub for all the area's medical evacuations," said Lt. Col. Andy Wolkstein, the facility's commander. During the 1991 Gulf War, military leaders learned they needed a way to move critically injured patients quickly to better-equipped medical facilities, Colonel Morr said. So, they developed the transport teams.

While the capability has been a theory for a while, it became a reality during operations Endur-

ing Freedom and Iraqi Freedom, said Master Sgt. Mike Jones, a respiratory therapist assigned to the team.

"We used to only be able to transport stable patients," said Sergeant Jones. "Now we're able to transport patients who have been stabilized and are under intensive care. That's a major difference."

The three-person teams include a critical-care physician, critical-care nurse and respiratory therapist. The teams set up an intensive-care unit on the airplane. Each team can care for up to three critical patients those who require ventilators or up to six who do not.

This multinational, joint-service team made sure the patients brought to the airport were safely airlifted to more advanced care outside Iraq.

"This was a total-team effort," said Colonel Morr. "Our team consisted of physicians from the Air Force and Navy; Air Force nurses; and Air Force, Navy and Australian forces technicians."

Dust off



Photo by Staff Sgt. Shane Cuomo

A pararescueman from the 301st Rescue Squadron watches his helicopter leave after rappelling down from it April 12 at Tallil Air Base, Iraq, during Operation Iraqi Freedom.

Sheppard members help bring 'home' to airmen, soldiers

By Tech. Sgt. Mark Getsy

*506th Air Expeditionary Group
Public Affairs*

KIRKUK AIR BASE, Iraq — They live in conditions their counterparts back home would frown upon. They're aware they could come under attack at anytime and possibly lose their lives.

They endure the fatigue from working long hours in temperatures above 100 degrees.

But one thing makes them different from the military serving at Kirkuk — they didn't have to be here. They're volunteers hoping to do their part in Operation Iraqi Freedom.

Mr. Chris Holifield from the Army and Air Force Exchange Service at Sheppard Air Force Base, Texas, said he received the call to become the base exchange manager at Kirkuk in mid-June.

"I was honored, excited and

nervous," said Mr. Holifield. "This is my first deployment. I felt honored because I was given the opportunity, excited because this a once in a lifetime opportunity, and nervous because of the potential danger that could come with this area."

Mr. Holifield said he also took the position for the challenge and the experience, and it's a duty he will always remember.

"Volunteering is my way to show the appreciation for what the troops are doing," he said. "It brings a little piece of home to them and it is also a way for me to increase the morale of the troops that our here. Not everyone gets to show their appreciation by volunteering in this way."

He is joined by six other AAFES workers who come from bases throughout the United States as well as Germany.

Also from AAFES at Shep-

pard is Ms. Nicole Smith. She said this has been a terrific experience for her.

"I've been trying to come over here for two years," she said. "Now that I'm here, I want to do my part and help out."

Ms. Smith, who's been deployed for four months, started her tour during the heat of the war at Camp Jersey, Kuwait.

"It was tough at first because I helped send off the 3rd ID (Infantry Division) to Iraq to fight the war," she said. "When I saw them come back, it was very rewarding. They showed me pictures and told me help was needed in Iraq, so I'm glad to be here helping out."

"I'm going to tell my coworkers deploying is something they have to be dedicated too," she said. "You have to look at the big picture ... and that's helping the soldiers."



Photo by Tech. Sgt. Mark Getsy

Mr. Chris Holifield, right, helps a U.S. military member at the base exchange in Kirkuk, Iraq. Mr. Holifield volunteered to take his expertise to the war front to help out America's fighting men and women the best he knew how. Mr. Holifield is joined by fellow Sheppard AAFES employee Ms. Nicole Smith. Ms. Smith has been in Iraq for four months.

AAFES members stationed at Kirkuk are assigned to the area for anywhere from three to six months.

Security Forces switch out, airmen stand airfield guard

By Sgt. Bradly Shaver

Joint Task Force-Horn of Africa

CAMP LEMONIER, Djibouti — Airmen of the 60th and 375th Security Forces Squadrons recently became the 87th Expeditionary SFS by relieving the 822nd SFS, who was tasked with providing security for Combined Joint Task Force - Horn of Africa's air assets.

The Air Force ESFS members at Camp Lemonier protect resources and personnel to include the helicopters, cargo aircraft and equipment on the flight line, as well as any transient aircraft that come through the Horn of Africa, according to Air Force Master Sgt. Jim Dokken, security forces flight chief.

"Our primary mission is airfield security," said Air Force Senior Master Sgt. Jonathan Sheldon, acting executive officer of the 87th ESFS. "We are trained and equipped to make sure the air assets are able to perform their mission and interrelate

responsibility."

The responsibilities the 87th ESFS will carryout will help the mission of CJTF-HOA in support of the war against terrorism, ready to disrupt, defeat and deter terrorist groups in the region.

"Nobody gets onto the flight line who is not authorized to be there," Sergeant Dokken said. "We have security checks for all those who come onto the flight line as well as patrol coverage around the perimeter. We look for anything out of the ordinary, anything suspicious that could be detrimental to the flight line."

On the airfield, the 87th ESFS does mounted and unmounted patrols, giving the squadron a greater distance to detect terrorist threats.

"We have technologies that are force multipliers, allowing us to have less manpower than traditionally required and still mitigate potential threats," Sergeant Sheldon said.

Within the last 12 months,

the 87th ESFS has been a very mobile unit, transferring from one area to another. Upon arriving to Camp Lemonier, they quickly modified their operating schedule to fit the CJTF-HOA mission.

"The squadron is able to deploy to austere areas in the world and setup security," Sergeant Sheldon said. "The random antiterrorism measures we conduct are tailored to threats throughout the (region). They are specifically designed to act as a deterrent, positioning us to mitigate terrorist threats and counteract to them.

"If terrorists were looking for a soft target, they would see the 87th ESFS as a well-trained disciplined force that is prepared to counter at anytime," he expressed.

"It's a nice change of pace for us to be here," said Sergeant Dokken, "We like to deploy places and handle our job in different environments. Standing security at one duty station for an extended period of time can get monotonous."



Photo by Sgt. Bradly Shaver

Airmen 1st Class Ben Gauthier, a member of the 87th Expeditionary Security Forces Squadron, assume duty as airfield security Aug. 22 at Camp Lemonier, Djibouti. The Air Force ESFS members at Camp Lemonier are here to protect resources and personnel to include the helicopters, cargo aircraft and equipment on the flight line.

Seabees bring supplies, recreation, safety to Marine camp

**By Journalist 1st Class
Lisa Keding**

Naval Mobile Construction Battalion 7 Public Affairs

CAMP COMMANDO, Kuwait — In the middle of the Kuwaiti desert, surrounded by a series of large cement structures, sits a boxing ring made and designed by four Seabees last month.

A set of bleachers sit in front of the ring where hundreds of Marines from One Marine Expeditionary Force gathered to watch a boxing match recently during a recreational day the Marines called "Warrior Day."

The area serves as a gathering place for the Marines and the small group of Seabees from Naval Mobile Construction Battalion 7 who have been working at Camp

Commando since early June.

The group of 21 Seabees has been busy since arriving at the camp, which is the temporary home to more than 1,400 Marines. Sixteen members of the group make up the camp's maintenance department, and the other five Seabees help I MEF Marines with logistics orders that supply all of the Seabee construction projects in Kuwait and Iraq.

Heading the supply team is Lt. Cmdr. Michael Shay, NMCB-7's supply officer. Since the team arrived in May, it has purchased more than \$800,000 in construction material.

"We've overseen the purchasing of all the Seabee battalions' construction material in theater," Commander Shay said. "We work very closely with the Marines to

carry out and fulfill mission needs for these Seabees and some Army construction needs within the region."

The boxing ring is just one of the recreational items the camp maintenance department has built for the Marines. The group usually stays busy with work requests for camp maintenance projects.

"We've done a variety of things, from fixing floors to making a putting green and boxing ring for the Marines," said Utilitiesman Constructionman Michelle Fraley, who is assigned to the Commando detachment. "We haven't turned down one work order yet."

Constructionman Fraley added that the Marines submit a handful of requests each day and the Seabee group provides a 24-hour hotline number for any mainte-

nance emergencies that come up.

"Prior to NMCB-7's arrival, there was a fire on the camp thought to be caused by electrical wiring," Gunnery Sgt. John Darlak, I MEF's tactical safety specialist, said. "This crew has made the camp electricity issues proactive instead of reactive. They took an electrical nightmare and made it safer."

In the camp maintenance group, there are construction electricians, builders and utilitiesmen. Almost everyday, the four builders in the group go out to fix wooden floors in berthing and work spaces on the camp.

"It seems like everyday, we get calls to repair two or three floors on camp. I like being here, because I've learned a lot about my rate," Builder 3rd Class Cassandra James

explained.

This camp maintenance department is going an extra step to fulfill the Marines' maintenance and recreational needs. They assist with whatever recreational requests the Marines have, as long as they have the supplies to build it. Many times, they use a little ingenuity to improvise for the lack of the right supplies.

One of the Seabees recently created a doorknocker with a piece of metal he found as he was walking around the camp. He installed the device in the one-man armory shop on the camp.

"My crews are doing some interesting things over here," said Utilitiesman 1st Class (SCW) Bizhan Askari, the petty officer in charge of the camp maintenance department.

AFMC welcomes new commander

By Tech. Sgt. Carl Norman

AFMC Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Air Force Materiel Command's new leader officially accepted command Aug. 22 during a ceremony at the Air Force Museum here.

Gen. Gregory S. Martin assumed command from Gen. Lester L. Lyles who held the position since April 2000. Following the change of command, Lyles retired after 35 years of service.

General Martin served more than three years as the commander of U.S. Air Forces in Europe at Ramstein Air Base, Germany. He also commanded Allied Air Forces Northern Europe and the U.S. European Command Air Force component.

During the ceremony, Gen. John P. Jumper, Air Force chief of staff, cited many of General Lyles' accomplishments and the fact that he's been honored formally many times.

"What's great is not the formal awards, but how he invests himself personally," General Jumper said. "Les has been a champion from the very beginning."

General Jumper welcomed Martin to the command and said he looks forward to great work continuing at AFMC.

"Wherever he goes, he brings energy and leadership," General Jumper said of General Martin. "He brings a great depth of operational experience and experience in the acquisition community."

After receiving the command flag, General Martin said he accepted the responsibility with pride, honor and humility.

"There's pride in joining one of America's greatest teams, honor in guiding this command into the next level of innovation and humility in following in the footsteps of an Air Force giant," General Martin said.

In a pre-ceremony interview, General Martin said he intends to be just as enthusiastic a supplier as he was a customer.

"I recently was the beneficiary of the work this command does, and there wasn't a day that went by I didn't appreciate that," he said. "I hope to add enthusiasm from a satisfied customer's perspective, but more importantly, from a guy who has

a deep and abiding trust and belief in the people who are doing something behind the scenes that is so incredibly valuable to our Air Force.

An emotional General Lyles thanked many people for their inspiration, faithfulness, mentorship and other influences on his life and career.

"I'll never have the opportunity to do this again while wearing an active duty uniform," he said. "I'd like to salute the men and women of the United States Air Force, particularly from Air Force Materiel Command, for your outstanding service."

With that, the former commander put his right hand to his brow and accepted returned salutes from all military members attending.

NASA launches new telescope

CAPE CANAVERAL AIR FORCE STATION, Fla. (AFP) — NASA's Space Infrared Telescope Facility launched from here Monday at 1:35 a.m. EDT aboard a Delta II launch vehicle.

The new observatory entered an Earth-trailing orbit about 43 minutes after launch. About 64 minutes after take-off, the NASA Deep Space Network station in Canberra, Australia, received the first data from the facility, according to officials.

"All systems are operating smoothly, and we couldn't be more delighted," said David Gallagher, project manager for the mission at NASA's Jet Propulsion Laboratory in Pasadena, Calif.

The facility will use infrared detectors to pierce the dusty darkness enshrouding many of the universe's objects, according

to NASA officials. These include brown dwarfs, planet-forming debris discs around stars and distant galaxies billions of light years away. It is the last in NASA's suite of "great observatories" which include the Hubble Space Telescope, Chandra X-ray Observatory and Compton Gamma Ray Observatory.

The two-and-one-half to five-year mission is a bridge to NASA's Origins Program, which seeks to answer the questions: "Where did we come from? Are we alone?" according to officials.

In-orbit checkout and calibration is scheduled to last 60 days, followed by a 30-day science-verification period, after which the observatory is expected to begin its regular science mission.

Need to place an ad in the *Sheppard Senator*?
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Sheppard Spotlight:

15 lines of fame

1. **Name:** Chelsea Harrypersad
2. **Rank:** Airman
3. **Organization and position:** 80th Operations Support Squadron, Commander's Support Staff / Personnel specialist apprentice
4. **Hometown:** Ft. Lauderdale, Fla.
5. **Married or single (include your family if you'd like):** Married
6. **Hobbies/Favorite thing(s) to do in your free time:** Race cars.
7. **Funniest childhood memory:** Playing double dare.
8. **Why did you join the Air Force?** To better myself.
9. **Why do you stay in the Air Force?** To experience a different environment.
10. **Date Arrived at Sheppard:** Dec. 27, 2002.
11. **Most rewarding aspect of your job:** Helping customers.
12. **Favorite book or movie:** Favorite movie (the original) "Star Wars."
13. **What is your dream vacation?** Trinidad.
14. **If you could be anyone for one day, who would you be?** Jennifer Lopez.
15. **Most prized possession:** My car.



Airman Chelsea Harrypersad

General activities

Ceramics shop open for summer hours

The ceramics shop is open for summer hours. All the materials needed to start creative projects are available. More than 2,500 craft projects are available for lessons with a variety of paints, glazes and supplies. The ceramics shop is located in Bldg. 832, the health and wellness center building. Summer hours of operation are Wednesday-Friday from 11 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. For more information, call 855-0118.

Lake Texoma to have Hawaiian luau

Lake Texoma will have a Hawaiian luau Saturday from 7 p.m. to 11 p.m. There will be food, games, prizes and a hula contest. Viagra Falls, a local band, will play at the event. For more information, call (903)523-4613.



Child development center to close for Labor Day

The child development center will be closed Monday for Labor Day.

Community center to have bed race

The community center will have a bed race Sept. 13 from 8 to 11 a.m. at the BX parking lot. Registration deadline to participate in the event is Sept. 10. Seven-person teams will compete in five categories:

- Best bed decoration
- Best costumes
- Best race time
- Best agility
- Best theme

The first-place prize for highest overall points is seven rides in an official NASCAR car. The second-place prize is seven Red River Speedway family passes.

There will also be drawings for audience prizes and an ice cream social at 11 a.m. For more information, call 6-3866.

Club activities

Officers club has daily lunch specials

The officers club has daily lunch specials Monday through Friday. Cost is \$5.95 for members and \$7.95 for non-members. Membership pays!

On Mondays, they serve a country lunch. Tuesday is Italian. Wednesday is Texas style. Thursday is Mexican,

and Friday is seafood. Call the officers club at 6-6460 for more information.

Enlisted club offers darts, cards, dominoes

The enlisted club offers a variety of activities. Cards, dominoes and pool are available every day. Also, a video game system is available every night to play in the main bar area. For more information, call 6-2083.



Enlisted club to close for Labor Day

The enlisted club will be closed Monday for Labor Day.

Enlisted club to give tickets away

The enlisted club will give away a ticket to the Sept. 7 Dallas Cowboys football game Thursday. For details, call 6-2083.

Enlisted club to offer place to watch Monday night football

The enlisted club will tailor its lounge to its football fans Sept. 8. All are welcome to watch Monday night football beginning at 8 p.m. For more information, call 6-2083.

Officers club to have two-for-one sirloin

The officers club is scheduled to have a two-for-one sirloin night Sept. 12 for members only. The cost is \$9.95 for two. Call 6-6460 for more information.

Upcoming trips, shows

ITT planning upcoming trips in August

ITT offers tickets and tours to local and surrounding attractions. Call 6-2302 for more information about any of these trips.

Fort Worth Zoo – Observe a variety of animals at the zoo Sept. 6. Tour includes transportation and admission. Cost is \$32.50 per person. The tour will depart the community center at 9 a.m. and return to base at 6 p.m. Register by Monday.



Atlanta Falcons vs. Dallas Cowboys – Watch the Cowboys play live Sept. 7. Tour includes transportation and admission. Cost is \$60 per person.

The tour will depart the community center at 11 a.m. and return to base at 9 p.m. Register by Monday.



Now showing

Today 6:30 p.m.

Johnny English

Today 9 p.m.

The League of Extraordinary Gentlemen

Saturday 2 p.m.

Pokemon Heroes

Saturday 4:30 p.m.

The League of Extraordinary Gentlemen

Saturday 7 p.m.

Bad Boys 2

Sunday 2 p.m.

The League of Extraordinary Gentlemen

Sunday 4:30 p.m.

Bad Boys 2

Thursday 6:30 p.m.

Bad Boys 2

Schedule subject to change without notification. For information, call 6-4427.

Bad Boys 2 (R) – Martin Lawrence, Will Smith – A pair of Miami police detectives are on a case in London, which involves Burnett's half-sister Syd, who is undercover pretending to be a money launderer, while annoying her brother by flirting with Lowrey.



Johnny English (PG) – Rowan Atkinson, Natalie Imbruglia – Johnny English is a bumbling British agent sent to rescue the crown jewels and save the monarchy from Frenchman Pascal Sauvage. All of England's hopes are resting on Johnny English.



Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, north chapel

Saturday, 3 p.m., Solid Rock Cafe, south chapel

Saturday, 3 p.m., Marriage Group, south chapel

Sunday, 5 p.m., Sunday Evening Gathering, north chapel

Catholic activities

Mass

Saturday, 5 p.m., confessions at 4 p.m., north chapel

Sunday, 9 a.m., north chapel

Sunday, noon, north chapel

Mon.-Fri., 11:30 a.m., north chapel

Reconciliation

Saturday, 4-4:30 p.m., north chapel

Protestant activities

Worship services

Sunday, 10:30 a.m., Inspirational Gospel Service, south chapel

Sunday, 10:30 a.m., Protestant Community Service, north chapel

Sunday, 10:30 a.m., Protestant Holy Communion Service, hospital chapel

Religious education

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6 p.m., Protestant Bible Study, south chapel

Thursday, noon, Protestant Bible Study, south chapel

Thursday, 7 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel, south chapel

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., south chapel, call Master Sgt. Abdullah Shamsid-deen at 6-7282.

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Later Day Saints, Sunday, 2 p.m., hospital chapel

Mystic Grove Pagan Study Group, call 6-4370 for information.

Buddhist activities, call 6-4370.

For more information, call the base chapel at 6-4370

Centennial of flight: This week in air and space history

This week in Sheppard history, the precursor to the Euro NATO Joint Jet Pilot Training program began Aug. 25, 1966. It was agreed that 212 Germans would receive their undergraduate pilot training in the 3630th Flying Training Wing.

Aug. 29, 1909 – Glenn H. Curtiss won speed tests in Rheims, France, at an average speed of 46.5 mph.

Aug. 30, 1939 – Pan American Airways' "California Clipper" landed at Auckland, New Zealand, completing the first flight of a regularly scheduled fortnightly service from San Francisco, Calif.

Aug. 30, 1983 – STS-8 launched and Guy Bluford became the first African American astronaut.

Aug. 30, 1984 – STS-41D: First flight of the Space Shuttle Discovery.

September 1911 – Eagle Ovington carries the first airmail in the U.S. from Nassau Boulevard Aerodrome, N.Y., to Mineola, N.Y.

September 1930 – France's Costes and Bellonte become the first to link Paris and New York



by flying east to west.

Sept. 2, 1916 – Airplanes in flight communicate with each other directly by radio for the first time.

Sept. 3, 1908 – Orville Wright makes the first demonstration flight for the Army at Fort Myer, Va.

Sept. 3, 1926 – Lt. James H. Doolittle, demonstrating Curtiss airplanes in South America, flies over the Andes Mountains.

Sept. 3, 1971 – The Concorde makes its first transatlantic crossing.

Sept. 4, 1923 – The first flight of the helium-filled airship Shenandoah took place.

Sept. 5, 1925 – The first crossing of the U.S.A. in a single day took place.

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Sheppard Today ~ 6 a.m., noon, 5 p.m.

Air Force News ~ 6:30 a.m., 12:30 p.m., 5:30 p.m.

Navy/Marine News ~ 8 a.m., 2 p.m., 7 p.m.

Army News ~ 8:30 a.m., 2:30 p.m., 7:30 p.m.

**Programming runs 24 hours
on TSTV Channel 14.**

*Check out the
detailed schedule at
www.sheppard.af.mil/82trwpa*

Today

4:30a.m. - The Memphis Belle

10a.m. - Air Force Medical Service: 50 Years of Excellence

6p.m. - The Sound of Freedom: The Berlin Airlift

Saturday

9a.m. - Flying for Freedom: The Women Air Force Service Pilots

11:30a.m. - Listening to the Voices

8p.m. - Air Force Escape and Evasion Society presents:

Warren E. "Bud" Loring

Sunday

7a.m. - The Air National Guard in the EAF

10:30a.m. - Air Power OAF: The Air Campaign in Kosovo and Serbia

9:30p.m. - The Third Century of the American Experiment

Monday

2a.m. - AFEES present: Joseph E. Manos

4p.m. - Wind Through the Wires: World War I Aviation

1 p.m. - The History and Mission of the Air Mobility Command

Tuesday

5:30 a.m. - Into the Mouth of the Cat: The Lance P. Sijan Story

1 p.m. - The Freedom Flyer Reunion

11:30 p.m. - AFEES present: Leecroy Clifton

Wednesday

3 p.m. - Sheppard Idol: Student Talent Competition

6 p.m. - The Sound of Freedom: The Berlin Airlift

9:30 p.m. - The Third Century of the American Experiment

Thursday

9 a.m. - Flying for Freedom: The Women Air Force Service Pilots

10:30 a.m. - Air Power OAF: The Air Campaign in Kosovo and Serbia

4 p.m. - Wind Through the Wires: World War I Aviation

Breakfast of champions

Military members to be displayed on cereal boxes in commissaries worldwide

FORT LEE, Va. (Army News Service) — Five military athletes will soon make history when they are featured on the covers of cereal boxes.

The Armed Forces Sports Office has teamed with corporate partner General Mills to honor five armed forces athletes on a 2003 commemorative Cheerios box. Army, Marine Corps, Navy, Air Force and Coast Guard athletes are featured on the boxes, which include action shots and short biographies of the athletes outlining their accomplishments as both military members and armed forces athletes.

The special boxes will be found exclusively in commissaries worldwide during September, or while supplies last.

"This box is an exciting partnership for the Armed Forces Sports Program," Suba Saty, Armed Forces Sports secretariat, said. "The box recognizes more than the five athletes on the box — it recognizes the accomplishments of all armed forces athletes!"

"One of our main goals is to bring visibility to the Armed Forces Sports Program and the accomplishments of our athletes," Rob Hansgen, also of Armed Forces Sports, said.

The featured athletes will sign autographs and talk to shoppers during appearances at their

"hometown" commissary, or near where they are training for competition, in late August or September. Appearances are scheduled at commissaries at Fort Carson, Colo., Selfridge Air National Guard Base, Mich., Lakehurst Naval Air Engineering Station, N.J., Marine Corps Base, Quantico, Va., Ramstein Air Base, Germany, and Los Angeles Air Force Base.

Soccer star and Air Force Female Athlete of the Year Kristy Kuhlman's appearance at Los Angeles Air Force Base commissary on Sept. 6 to coincide with the kickoff of the Defense Commissary Agency's third annual "Worldwide Case Lot Sale."

"This will really generate a lot of excitement. We're thrilled to have a local athlete on a cereal box featured in the commissary," store director Art Wescott said.

Kuhlman said her appearance on the box is a testament to the military's support of its athletes.

"Appearing on the Armed Forces commemorative Cheerios box is going to be a very surreal experience for me," she said. "I am grateful for the support the military gives its athletes and the opportunity to compete in armed forces, national and international competitions."

Featured on the cereal boxes:

Dremiel Byers, a supply spe-

cialist and member of the U.S. Army World Class Athlete Program in Colorado Springs, Colo. Byers was crowned the 2002 Greco Roman Wrestling champion (264 lbs.) and won the 2002 Hungarian Grand Prix. Byers was named the 2002 Male Athlete of the Year for the Army and is now training to make the 2004 Olympic team.

Douglas Marocco, a senior enlisted advisor at Marine Corps Base, Quantico, Va. In addition to his many military duties, Marocco is one of the armed forces' top triathletes competing in national and international championships throughout the year. Marocco is a former Armed Forces and two-time Marine Corps Athlete of the Year.

Henry Nuzum is a Tomahawk missile officer and recently served aboard the USS John S. McCain. He competed in the 2000 Olympic Games in rowing and is focused on making the 2004 Olympic team.

Kristy Kuhlman is a contracting officer at the Space and Missile Command at Los Angeles Air Force Base. Kuhlman currently holds numerous women's soccer records at the Air Force Academy. She was named most valuable player at the 2002 World Military Women's Soccer Championship and is the reigning 2002 Female Athlete of the Year for the Air

Force.

Aviation Maintenance Technician Steven Mlujeak in the Coast Guard is one of the armed force's top cyclists, placing first among military competitors in the 2000

Olympic trials. He is currently training for the 2004 Olympic trials.

(Editor's Note information from this report was taken from a DECA news release.)

Sheppard family member revs up engine

By Airman Jacque Lickteig

Base public communication

The roar of the engine vibrates his body. The sound sparks up in turbulent bursts each time he taps the gas pedal.

His anticipation for the green flag grows with every passing second, adrenaline pumping through his veins like oil through the engine.

The flagman shows the green flag. The driver of the sleek black, orange and white No. 20 knows it's time.

He lowers the visor on his helmet, puts both hands on the wheel and pounds his foot on the gas, exhilarated at the long-awaited chance to quench his thirst for speed.

But, this driver isn't a professional stock car racer. Andrew Neff, son of Mike Neff of the 360th Training Squadron, isn't even old enough to have a driver's license.

The 12-year-old races super-charged go-karts at the Red River and Seymour Speedway, the Texoma Motor Speedway and the JSJJ Lawnmower and Go-Kart Speedway in Elgin, Okla.

Now in his fourth year of racing, he ranks first in the stock live axle class, ages 11 to 15 at the JSJJ Lawnmower and Go-Kart Speedway with 690 points and an average of 76.66 points

per event. He's ranked second in the chassis class in the Red River and Seymour Speedway point competition with 830 points.

"He's been racing just about

every Friday since about April," Mike Neff said.

Andrew enjoys racing. What he likes most is passing the other drivers on the track and then lapping them so he knows

they can't catch up, he said.

Mike Neff, a former pony stock car driver, said he supports his son in racing. He bought Andrew's first go-kart for about \$200. Each year, though, the amount of money he contributes increases.

The go-kart Andrew races now is worth more than \$2000.

But, Mike Neff doesn't have to fork out all the money for maintenance and parts for the go-kart. A local motor sports company sponsors Andrew for the races.

Racing is worth the money, though, the father said. It gives his son something to do that will also keep him out of trouble.

But it doesn't necessarily keep him out of scary situations.

Andrew was involved in an accident a month ago during a heat race when his go-kart

rolled three times in the air before landing upside down on the track. He wasn't seriously injured, but he did have a couple of bumps and bruises.

The young speed-racer displayed his competitive nature when he returned to the track that same night and won the feature race, Mike Neff said.

Even though accidents do occur, safety is a top priority. Every measure is taken to ensure the safety of the drivers, Mike Neff said.

The next couple of weeks could determine how Andrew's season ends when he straps into his No. 20 go-kart at the JSJJ Speedway competition Sept. 26.

If he wins, his first-place standing for the 2003 summer season will be etched in stone, and he will win a trophy, a jacket and the coveted bragging rights for the second year in a row.



Photo by Airman Jacque Lickteig

Andrew Neff, driver of the number 20 go-kart and son of Tech. Sgt. Mike Neff from the 360th Training Squadron, speeds around the track at the Red River Speedway.

Fitness center offers classes

The aerobics center, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.
Monday-Friday at 8 p.m.

Aerobics

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:30 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m. Saturday at 3 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.,

Sunday at 2 p.m.

Intermediate step

Saturday at 10:15 a.m.,
Wednesday at 6 p.m.

Advanced step

Monday, Tuesday 5 p.m.

Combo step

Monday, Wednesday and Friday at
11:30 a.m.

Kickboxing

Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Step/Floor

Monday, Wednesday and
Friday at 9:15 a.m.

Spinning

Tuesday and Thursday at 11:30 a.m.
Monday through Friday at 4:30 p.m.
Monday at 7 p.m.

Base pool schedule

Base pool passes are on sale at Bldg. 2117. Passes for individuals: \$35. Family passes: \$65. Daily fees are \$2 per person for ages 16 and older, \$1 per person for ages 4-15. Call 6-4141 for more information.

Main pool

Monday - Friday - 1 - 7:45 p.m.
Saturday and Sunday - noon - 7:45 p.m.

North closed Tuesdays
South closed Thursdays
For more information, call 6-6494.

Bunker Hill water park

Thursday - Tuesday - noon - 7:45 p.m.

Wednesdays - closed
For more information, call 6-4161.

Capehart pool

Saturday - Wednesday - noon - 7:45 p.m.
Thursdays and Fridays - closed
For more information, call 6-4281.

Water aerobics:

Monday, Wednesday and Friday - noon, 5 and 6:15 p.m. at main pool
Call 6-7491 for start dates.

Lap swimming:

Now - Sept. 26, Monday - Friday - 10:30 a.m. - 12:45 p.m.

Be smart, don't
drink and drive.
For a free ride
home, call
Airmen Against
Drunk Driving at
676-AADD.

Sports Shorts

North lanes to rock, bowl Friday, Saturday nights

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5-11 p.m. at the north lanes. For more information, call 6-4806.

Thursday reject bowling to start

The Thursday reject bowling league starts at 12:30 p.m. Thursday at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

West Point, Texas Christian University to square off in football

West Point is scheduled to play the Texas Christian University Oct. 4 at 7 p.m. at the Amon G. Carter Stadium. Call 1-877-849-2769 or visit <http://goarmysports.ocsn.com> for tickets. Cost for tickets is \$23 for the Army section, \$11 for military group seat-

ing in the end zone and \$15 for non-group seating in the end zone. For more information call ITT at 6-2302.

South fitness center to have lunch bunch basketball

The south fitness center is scheduled to have lunch bunch basketball from 11 a.m. to 1 p.m. Monday, Wednesday and Friday. For more information, call 6-1493.

Pool schedule to change

The hours for the Bunkerhill and Main pools will change beginning Tuesday.

Both pools will be open Saturday and Sunday from noon to 7:45 p.m.

The Main Pool will still offer lap swimming Monday through Friday from 10:30 a.m. to 12:30 p.m.

Both pools will close for the season Sept. 29.

For more information about pool times and schedules, contact the 82nd Services Squadron at 6-4141

Sheppard dart team brings trophy home

A Sheppard dart team brought home the gold July 24 when they beat out another Sheppard team during the 2003 American Dart Association military cup championships held in Chicago.

The 382nd BMETS, made up of Dwayne Baca, Michael Graybeal and Fred Leighty, squared off against the Crew Dawgs, made up of Rick Dailey, John Adams and Zane Hughes, for the English steel tip finals.

The BMETS team took the first five of six games from the Crew Dawgs. The Dawgs fought back and won the next doubles cricket match.

Down 6-2 to the BMETS, the Dawgs realigned their team to try to make a run for the gold.

But, realignments didn't help the Dawgs as the BMETS kept their momentum going, taking the first

two points and an 8-2 lead.

In order for the Dawgs to win, they had to win seven points in a row. The BMETS needed only one win.

Rick Dailey, captain of the Dawgs, huddled his team together before the two continued to battle it out. Whatever he said to the team worked as the Dawgs reeled off six straight points to tie the match up at 8 apiece.

The teams went into

"dart overtime" to determine who would win the cup. The Dawgs missed their opportunity when they failed to score three bulls.

Leighty stepped up to the line for the BMETS and held the weight of the winning the cup on his shoulders. In dramatic fashion, he nailed three bulls and clinched the cup for BMETS.

The Sheppard teams finished No.1 and 2 in the Military Cup Challenge.